



FUNCTIONAL FRIDAY

Chronic Condition Management: Managing Diabetes

Diabetes can prevent you from doing the activities you love if it is not well managed.

- Make sure to set a reminder on your phone or alarm clock to take your medication at the same time every day.
- Exercise at least 30 minutes a day by walking, swimming, hiking, and more.
- Manage your diet by limiting carbohydrates and excess sugar.

REFERENCES

Centers for Disease Control and Prevention. (2020). National Diabetes Statistics Report, 2020. Retrieved from <https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html#:~:text=34.2%20million%20Americans%E2%80%94just%20over,1%20in%203%E2%80%94have%20prediabetes.>

Sokol-McKay, D. (2011). *Occupational Therapy's Role with Diabetes Self-Management*. [Fact Sheet].